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fore you; look at the different departments prepared and adapted to each mem-

have been devoted to the composition of them.

**WOMAN'S ARRESTED DEVELOPMENT.**  
D. A. SARGENT has an article in the

This article is entitled "The Physical Development of Women," and shows with

Mr. SARGENT maintains that women, when their growth is not arrested and


society, are physically as large and vigorous as men. The fact that they are smaller and weaker is due to centuries of the vice-like

Why preach the gospel of fresh air to women, who throw away 20 per cent. of it by the use of tight stays and corsets?" In

ously to the just and the unjust of all  
sexes. Women thus voluntarily deprive

But who shall deliver them from the body of this death? The deadly corset, that coils

wise as he was, never intally forecasted a Yankee. As business men we all belong to a "fast set." We eat fast, drink fast, die fast. There is therefore a certain poetic harmony in the way in which we come into the world, act in it and get out of it. There is not a slow pulse in an American; he is all vitality. He thinks as he eats, and is a mystery to himself, for not one of us could



Young Digby was told to try a Chinese barber in Mott street, and he did.  
(N. B.—He is to lead a "german" in the evening.)

orient to  
Vegetables are not boiled, but are cooked in boiling water by the heat of the water. First potatoes and turn in salted water, a tablespoonful of salt to a quart of water. This proportion of salt should be used for cooking all vegetables. Boil potatoes half an hour, or till tender. Pour off all the water, and do not cover again, as the condensed steam would make them soggy. Instead set on back of stove for three minutes, or give the dish a shake in fresh cooking oil at door or window.  
Plain so that they may be served at once.

brothers, the escapee and the accomplice, was left open to its flying engine, but it uttered its steam whistling, being relieved by exhalation. When days had crept the forest to blackness, a distorted hollow and some rows of iron wheels were found where the train came to a stop.

DR. PEREE'S Golden Medical Discovery, the unfailing remedy for consumption in its earlier stages, as well as for chronic nasal catarrh, scrofula, and all blood disorders.

in a bold, flowing hand he dashed off his name on the register, connecting the "Henry," the "V" and the "Smith," and coupling on the address (Clay-  
 eyn) without a break. Suddenly a blush illuminated his countenance, he glanced anxiously about to see if anybody was looking, and then hurriedly inserted "and wife" between the words "Smith" and "Clay-  
 eyn." He forgot for an instant he was no longer a bachelor. Mr. Smith may see this paragraph this morning, and if so his memory will be better in future.















